The pride of North Carolina's electric cooperatives

Volume 34, No. 6, June 2002

Carolina country

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Touchstone Energy

Senate candidates talk about deregulation and energy policy — pages 26-27

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Editor
Michael E.C. Gery, *ext. 3062*

Associote Editors
Renee C. Gannon, CCC *ext. 3209*

Tara Verna, *ext. 3134*

Publicotions Assistont
Talena Chavis *ext. 3036*

Art Director
Nicole L. Ferrari, *ext. 3090*

Grophic Design Intern
Lisa Aldridge, *ext. 3110*

Business Coordinotor
Jenny Lloyd, *ext. 3091*

Advertising Monoger
Jennifer Boedart Hoey, *ext. 3077*

Executive Vice President & CEO
Chuck Terrill

Senior Vice President, Corporote Relotions
Nelle Hotchkiss

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Member, Audit Bureau of Circulations

Periodicals postage paid at Raleigh, N.C., and addi- al mailing offices. Editorial offices: 3400 Sumner Blvd., igh, N.C. 27616. Carolina Country is a registered emark of the North Carolina Associotion of Electric peratives, Inc. (ISSN 0008-6746) (USPS 832800) Postmaster: Send form 3579 to P.O. Box 27306, Raleigh, 27611.
ndividual subscriptions, $8 per year. $20 outside U.S.A. To change address, send magazine mailing label to your ric cooperative.

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na Country magazine is available monthly to members of North na's electric cooperatives. If you are a member of one of these atives but do not receive Carolina Country, you may request a iption by calling Member Services at the office of your coopera- f your address has changed, please inform your cooperative.

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On the Cover

After an accident in November 2000, Crystal Hamilton, of Craven County, was told she may never walk again. The care she received at Pitt County Memorial Hospital in Greenville got her moving again. "They gave me the support I needed to keep trying." She graduated this spring from West Craven High School and will join The Children's Miracle Network Celebration this month. See pages 14-17. (Photo ©2002 by Dean's Photography, Greenville.)

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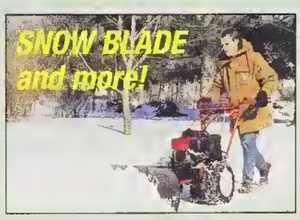

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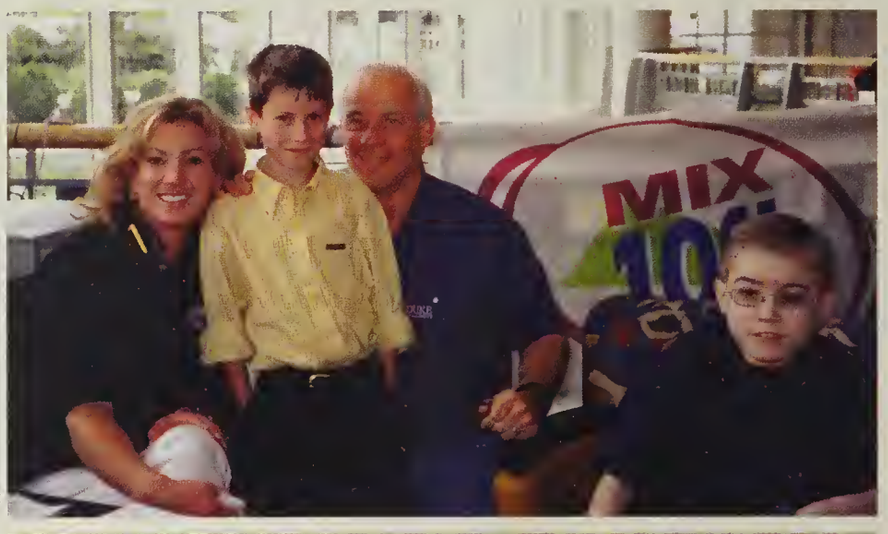
Why we believe in children making miracles

By Michael E.C. Gery

If you watch the Children's Miracle Network Celebration on TV on June 2, you may see a boy named Justin Lloyd working the WRAL-TV broadcast in Raleigh. He's the 10-year-old, light-haired boy with a wry grin and a husky voice. He's a veteran volunteer with the CMN fundraisers. Last year he raised some $3,400, and in early May he worked WRAL's MIX 101.5-FM radio-thon fundraiser as well.

Justin Lloyd works for the Children's Miracle Network in memory of his mother, Jennifer, who died in 1995 at age 22, a victim of the incurable lung disease cystic fibrosis. For the last couple of years, Justin has placed donation cans in and around Youngsville, where he attends school and lives with his grandparents, Jenny and Tommy. This year, he's raised more than $3,500 and will present the check on the air at the CMN telethon.



Justin Lloyd, Wake County volunteer for the Children's Miracle Network, is flanked by WRAL-FM radio "Early Morning Show" hosts Sheri Logan and Bill Jordan, who emceed the CMN Celebration for Duke Children's Hospital. Also here is Alan Aycock (right), of Fayetteville, who has cystic fibrosis and is scheduled for his second kidney transplant (his dad is the donor).

Justin was 3 when his mother died at Duke Children's Hospital. But he remembers more about her than you might think. He remembers holding the pole to ride the wheeled cart whose intravenous equipment was so often attached to his mother. He remembers playing with Matchbox cars on her bed, and eating at McDonald's near the hospital. He remembers the oxygen tubes in her when his mother was home. So when he asks for CMN donations in memory of his mom, he's serious.

Now Justin himself is a cystic fibrosis patient. Every year he lives two weeks at Duke Children's Hospital so his lungs can be cleaned out. Every other month he's at Duke for a check-up, maybe a change in medication or therapy. Every afternoon after school he takes an hour or so at home for physical therapy on his chest and to breathe through a mister. Then he does his homework. Some times he gets to go out and play. But he's not riding an IV cart anymore — he's driving his own 4-wheeler.

Carolina Country, and the employees here at North Carolina's electric cooperatives' statewide offices, contribute to Justin's work for Children's Miracle Network, just as cooperatives around the state contribute in their communities (see pages 14-17). His "Mom," Jenny Lloyd is Carolina Country's business coordinator. She's the one who takes your calls about subscriptions, ads, recipes, you name it. And she's the one who works the CMN each year. Jenny brings Justin in here from time to time, and he's a perfect gentleman (usually). He has hugged me a few times to say thanks.

When Justin is at Duke, he and Jenny and Tommy see the effects of CMN generosity. The Network supplies children's hospitals with things beyond the medical care. Today, children's hospital rooms have VCRs. The kids have access to films, games, toys, books, a playroom with a new kitchen set and tricycles. A "child life" specialist visits every day. A schoolteacher visits every day, too, to keep the kids in tune with their schoolwork. CMN makes hospital life comfortable for kids.

Jenny says Justin is not afraid of hospitals, equipment and treatments. He knows his doctors and nurses, and, in fact, he tells them what to do as much as they tell him. But he is comfortable in the hospital from start to finish, even though he is typically isolated from other kids. In fact, more than once, on his way home, he was sorry to leave behind all that personal attention.

This spring, the Make a Wish Foundation, a national organization that grants wishes to children who have life-threatening diseases, sent Justin and his family to Disney World. Justin asked if he could take his cousin, Megan, who is 9 and diabetic. And while at Disney World, he was asked to make a wish, for his own "wish star." Justin wished for a cure to cystic fibrosis. He'll tell you today that he believes with all his heart that a cure will come along real soon.

Michael E.C. Gery is editor of Carolina Country.

Eva Abernethy made this quilt for her grandsan, Travis.

Grandmother's quilt for Travis

September 11, 2001, changed a lot of people. Maybe we all needed to be changed to some degree. But some people may not need to change much. I would like to share with you one of those very special people, my mother, Eva Abernethy.

Her gifts to others are not conventional. A typical anniversary gift might be a case of canned green beans from her garden or a set of pillowcases. A newborn baby gift might be small pillow with matching blanket. A toddler might receive a tooth fairy pillow or a doll blanket. These are just a few examples, but whatever the gift, it will most likely be handmade.

After September 11, one of her grandchildren, Travis, asked her to make another quilt. He didn't ask for one of her usual blankets. He asked for an American Flag quilt. She had never made a quilt like this before. But when a grandson asks for something, how could she say no. She simply said, "I will try."

The journey to making this quilt was not easy, especially for someone who does everything by hand. There were stars to make and arrange evenly. It took a lot of time and thought to get them proportionally sized and spaced evenly once the top was completed. She thought the quilting would be easy, but it wasn't. Again, the stars and stripes were the challenging part. After several arrangements, they all fell into place. And of course, grandfather stitched a few so he could take a little credit for the project.

They live near Hickory and are members of Rutherford EMC.

This grandmother may not be the first to make an American Flag quilt, but I know that a lot of love went into this one. I wanted to share a picture of her with the quilt she so lovingly made for her grandson.

I would like to say thank you to those like my mother who know how to give.

Nelda Abernethy Miller
Conover

Proud of Hanna Hefner

I am a teacher at Freedom High School in Morganton, but I formerly taught at Fred T. Foard High School in Newton. Last week I took my son to soccer practice and settled back to read my copy of Carolina Country. I was sitting there enjoying my magazine when I came across the picture of Hanna Hefner, the young lady who is graduating from North Carolina School of the Arts and sang opera for Touchstone Energy's "Carolina Calling." She was a student of mine at Fred T. Foard.

I am so happy to see that she is doing what she always said she wanted to do. She was a wonderful student with a cheery personality. It should make us all proud to have such talent right here in North Carolina. Good luck, Hanna.

Kaye Fish
Morganton

Safety first

Adam Mouradi, at 20 months old, practices safety first when performing maintenance on his toy trucks.

Doris Sheen
Wake Forest

Looking for a turpentine boiler and condenser

The Duplin County Historical Society is attempting to reconstruct a 19th century turpentine still, and we need help.

The naval stores industry — the making of tar, pitch and turpentine — was our state's first significant industry, and it only seems fitting that we preserve that part of our state's heritage. We are, after all, the Tar Heel State.

We are learning that the two most difficult pieces of the still to locate are an original boiler and kettle, and the condenser that goes with it. These parts were usually made of copper and varied in size; the kettle usually held several hundred gallons. The kettle is where the longleaf pine resin was placed for distilling into turpentine.

We hope someone may have one of these stored back in a barn and just might be willing to part with it. If anyone does have a kettle or condenser, please contact me at Duplin County Tourism, PO Box 929, Kenansville, NC 28349. Phone: (800) 755-1755. Home: (910) 289-4189. Committee members are Kent Wrench in Godwin, Benny Fountain in Beulaville, Charles Peterson in Richlands and Leon Sikes in Rose Hill.

Leon Sikes
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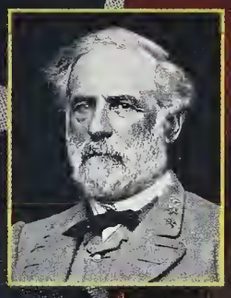

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Beaufort County country singer appears on "Carolina Calling" this month

Noel Barefoot, of Washington, sings on the "Carolina Calling" TV show June 15.

Noel Barefoot has a knack for connecting to her audience. When it was time for the 15-year-old to perform at the Touchstone Energy Talent Search in Williamston, she was ready but her musical accompaniment CD wasn't.

Noel avoided a crisis of awkward silence with a cheerful laugh and a playful banter that put the crowd at ease. It also gave the sound engineer time to get the CD working. Once plugged in, Noel put on a performance of "Cowboy Sweetheart" that made her the sweetheart of the evening's festivities.

Noel is scheduled to perform this month in the weekly public TV series, "Carolina Calling," which airs Saturday evenings through June on the UNC-TV network statewide.

Noel's charismatic stage presence has been capturing her audience's heart since she was 4 years old. Music teacher Neva Cashion and dance instructor Janet Cox inspired her to pursue a career as a country music artist. She currently studies with Raleigh voice instructor Bob Wrenn.

The training has paid off. At the 2001 North Carolina State Fair Folk Festival, she sang "Cowboy Sweetheart" with a band that didn't know the song. When it became apparent they were performing different songs, she calmly stopped the performance, pulled out her CD, put the crowd and band at ease and went home with third place.

Major funding for "Carolina Calling" comes from North Carolina's Touchstone Energy Cooperatives, with additional support from the North Carolina Division of Tourism and The North Carolina Rural Center. "Carolina Calling" is hosted by Hall of Fame entertainer Arthur Smith.

"Carolina Calling" June schedule

All episodes feature Arthur Smith, the Carolina Calling Orchestra and the Dove Brothers.

June 1: Touchstone Energy Talent Search guests Treva & Mystic Buzz Band, Greensboro and Levi Jones, Claremont. Special guest: David Wilcox. "Carolina Calling" Classics guest: Chet Atkins.

June 8: Touchstone Energy Talent Search guests: Leann Medlin Broome, Monroe; Mikele Buck, Aurora and Mojo Collins, Wilmington. Special guest: Hugh Morton. "Carolina Calling" Classics guests: Bob Hope, Johnny Cash, Doc Watson, Larry Gatlin.

June 15: Touchstone Energy Talent Search guests: Noel Barefoot, Washington; Jonathan Byrd, Efland; Silver, Cedar Grove. Special guest: Maurice Williams & The Zodiacs; and The Kicks. "Carolina Calling" Classics guests: George Beverly Shea.

June 22: Touchstone Energy Talent Search guests: By Faith, Enfield; Deana Helms, Monroe; Leslie Ann Turner, Oakboro. Special guest: Bryan Sutton (IBMA Guitar Player of the Year, 2000). "Carolina Calling" Classics guests: The Osborne Brothers.

June 29: Touchstone Energy Talent Search guests: Noah Paley, Hattereas; Amanda Dermid, Monroe; Ken Barr, Taylorsville. Special guests: N.C. Senator Charlie Albertson; Unisoghn (R&B chart group). "Carolina Calling" Classics guests: The Country Gentlemen with Ricky Skaggs.

"What is a cooperative?"

Cooperatives worldwide function within the same principles. They are businesses that operate for the benefit of their members, instead of for financial profit. They abide by a common set of values and by seven principles. Each month, Carolina Country will describe one of the principles.

Principle No. 4

Autonomy and Independence: Cooperatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.

Talking 'bout cooperatives

A smiling foursome at the North Carolina electric cooperatives' statewide organizations' annual meeting (from left): State Commissioner of Agriculture Meg Scott Phipps of Haw River, Wake Electric director J. Howard Conyers of Franklinton, State Auditor Ralph Campbell of Raleigh, and keynote speaker George H. Walls Jr., U.S. Marine Corps brigadier general (ret.) and State Chief Deputy Auditor.

It's time to apply for 2002-2003 Bright Ideas grants

Students at Hallsboro Middle School in Columbus County are learning about what it means to be physically fit, not just as young people, but also for a lifetime. They're learning how to set goals and meet them, how to monitor their progress, and determine if they're in the appropriate aerobic zone for their own fitness level.

Physical education teacher Kem Dudney says over half of the students were in poor physical shape at the start of the program, and now all of them are in better shape.

With safety always a concern, Dudney knew she needed heart monitors to develop a serious fitness program. The value of these small wrist devices was demonstrated dramatically in the first year of the program when one student's resting heart rate read far above the normal resting rate. Today, this student is a high school junior in good health, thanks to the early detection of the condition by the fitness heart monitors.

With funding from a Bright Ideas grant in 2001 from Brunswick Electric Membership Corporation, a Touchstone Energy cooperative, Dudney upgraded and added to her supply of heart monitors. Data accumulated during the workout is downloaded into a computer program, and graphs and charts are produced to show progress.

Brunswick EMC is the third largest electric cooperative in the state and provides electric service to nearly 50,000 consumer-members in Brunswick, Columbus, Bladen and Robeson counties.

The Bright Ideas program, originated by BEMC in 1994, is now a statewide project, open to all public school teachers serving grades K-12. All 27 of the state's Touchstone Energy cooperatives underwrite awards of approximately $350,000 per year to educators, for a total well over $2 million since inception of the program. The grant program awards grants up to $2,000 to imaginative educators in any subject or grade at North Carolina certified K-12 schools.

The 2002-2003 school year Bright Ideas grant application season began May 20. For more information, contact your local electric cooperative. Or visit the Web site: www.ncbrightideas.com

Physical education teacher Kem Dudney of Hallsboro Middle School with a sixth grade fitness class, showing off the new heart monitors purchased with a Bright Ideas grant from Brunswick Electric.

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27 .....Electric cooperatives in North Carolina.

2 .....National rank of North Carolina Electric Membership Corporation among electric cooperative utilities (in revenues). NCEMC is a wholesale power supply cooperative, owned by 26 of the state's co-ops.

93 .....North Carolina counties served by cooperatives.

850,000 .....Consumer accounts maintained.

2,400,000.....People served.

88,000 .....Miles of electric distribution lines maintained by co-ops.

$712,000,000 .....Dollars in anticipated revenue 2002, co-ops statewide.

$3,000,000,000+ .....Combined assets.

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3% .....Projected annual growth through 2011.

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21	----	----	9.53	9.10	14.65	13.56	23.18	21.00
22	----	----	9.53	9.10	14.65	13.56	23.18	21.00
23	----	----	9.53	9.10	14.65	13.56	23.18	21.00
24	----	----	9.53	9.10	14.65	13.56	23.18	21.00
25	----	----	9.53	9.10	14.65	13.56	23.18	21.00
26	----	----	9.53	9.18	14.65	13.78	23.18	21.43
27	----	----	9.62	9.18	14.87	13.78	23.62	21.43
28	----	----	9.62	9.18	14.87	13.78	23.62	21.43
29	----	----	9.62	9.18	14.87	13.78	23.62	21.43
30	----	----	9.62	9.18	14.87	13.78	23.62	21.43
31	----	----	9.62	9.18	14.87	13.78	23.62	21.43
32	----	----	9.62	9.18	14.87	13.78	23.62	21.43
33	----	----	9.62	9.18	14.87	13.78	23.62	21.43
34	----	----	9.71	9.18	15.09	13.78	24.06	21.43
35	----	----	9.71	9.27	15.09	14.00	24.06	21.87
36	----	----	9.71	9.36	15.09	14.21	24.06	22.31
37	----	----	9.71	9.45	15.09	14.43	24.06	22.75
38	----	----	9.80	9.53	15.31	14.65	24.50	23.18
39	----	----	9.88	9.71	15.53	15.09	24.93	24.06
40	----	----	10.06	9.80	15.96	15.31	25.81	24.50
41	----	----	10.23	9.97	16.40	15.75	26.68	25.37
42	----	----	10.32	10.15	16.62	16.18	27.12	26.25
43	----	----	10.50	10.32	17.06	16.62	28.00	27.12
44	----	----	10.67	10.50	17.50	17.06	28.87	28.00
45	----	----	11.02	10.67	18.37	17.50	30.62	28.87

Call for more information

MONTHLY RATES

Issue Age	$50,000		$100,000		$250,000		$500,000	
	Male	Female	Male	Female	Male	Female	Male	Female
46	----	----	11.37	10.93	19.25	18.15	32.37	30.18
47	----	----	11.90	11.20	20.56	18.81	35.00	31.50
48	----	----	12.42	11.46	21.87	19.46	37.62	32.81
49	----	----	13.03	11.81	23.40	20.34	40.68	34.56
50	----	----	13.65	12.07	24.93	21.00	43.75	35.87
51	----	----	14.35	12.42	26.68	21.87	47.25	37.62
52	----	----	14.96	12.77	28.21	22.75	50.31	39.37
53	----	----	15.66	13.12	29.96	23.62	53.81	41.12
54	----	----	16.45	13.65	31.93	24.93	57.75	43.75
55	----	----	17.41	14.17	34.34	26.25	62.56	46.37
56	----	----	18.37	14.78	36.75	27.78	67.37	49.43
57	----	----	19.51	15.40	39.59	29.31	73.06	52.50
58	----	----	20.73	16.10	42.65	31.06	79.18	56.00
59	----	----	22.31	16.97	46.59	33.25	87.06	60.37
60	----	----	24.41	18.11	51.84	36.09	97.56	66.06
61	----	----	27.03	19.25	58.40	38.93	110.68	71.75
62	----	----	29.92	20.56	65.62	42.21	125.12	78.31
63	----	----	33.25	22.05	73.93	45.93	141.75	85.75
64	----	----	37.01	23.88	83.34	50.53	160.56	94.93
65	----	----	41.21	26.42	93.84	56.87	181.56	107.62

Call for more information

Additional ages and amounts with guaranteed rates (of course) available upon request.

Other amounts available upon request. Premiums are based on applicant's age at nearest birthday. Policies are non-cancelable as long as premiums are paid on time, however, if the insured commits suicide within two years of the Policy Date (may vary by state), the benefit is return of premium. Premiums may be paid annually, semi-annually or monthly bank draft. (A no-cost medical exam may be required depending on age, health or amount of coverage desired). Premiums $100,000 and above are annual term, super-preferred rates. Policy Form No. PXART99NW1. Level Death Benefit to age 95. Premiums increase annually. All policies are issued and subject to underwriting by Great American Life Insurance Company®, P.O. Box 5416, Cincinnati, OH 45201-5416.

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BENEFICIARY _____ AGE _____

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NAME _____

DATE OF BIRTH _____ ❑ MALE ❑ FEMALE

AMT. OF INS. DESIRED _____ ❑ TOBACCO ❑ NON-TOBACCO

Comments: _____

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The Children's Miracle Network

Here is how you - and your electric cooperatives - help children keep hope alive during specialized medical care and hospital stays. It's the Power of Human Connections.

by Nell Perry Bovender

When Crystal Hamilton prepared to don the traditional royal blue mortarboard and gown for graduation ceremonies at West Craven High in Vanceboro on May 25, she joined more than 200 classmates and thousands more high school seniors around the state as a member of the Class of 2002.

But for this 17-year-old, the walk across the stage itself would be her major accomplishment.

Only 18 months ago, she was told she would never walk again.

Crystal is one of the young medical miracles that will be featured June 1-2 in the annual TV broadcast for Children's Miracle Network, the international nonprofit organization that has raised funds and awareness for 170 children's hospitals throughout North America since 1983. This will be its 20th telecast.

Three of those children's hospitals are in North Carolina — at Pitt County Memorial in Greenville, Duke Medical Center in Durham and Carolinas Medical Center in Charlotte. Nationally, the telecast features the Osmond family, actor-singer John Snyder and football star Merlin Olsen. Each local station carries the national programming but also features a host of miracle children, their families, their health-care teams and their success stories from right here in the state.

Kelina Hardesty of New Bern is another of those stories. When her parents discovered a lump in the 6-year-old's left leg a year ago, they immedi-

ately attributed it to a childhood fall, just another bump from an active child's play. But it was cancer, and Kelina's lower leg was amputated.

"It's been like a roller-coaster," said her mother, Alvina Clark. "You're up one day; you're down the next." But Kelina helps keep everybody's spirits high. "She's a real trooper. She still does all she used to do and more. She can't run now, but she has learned to make up for that."

The Children's Miracle Network is the fund-raising arm for each of the children's hospitals in its network, said Kinney Hart, CMN coordinator for the Children's Hospital of University Health Systems of Eastern Carolina. Children and their health needs are different. "That's why it takes different resources to care for children and why there are pediatricians, pediatric specialists, and children's hospitals."

Funds raised by the telecast and special events throughout the year pay for a variety of needs related to the care of pediatric patients — special equipment, training for health-care workers, and summer camps making it possible for children with a variety of illnesses to have fun with other kids going through the same thing, Hart said.

In the case of Kelina and Crystal, CMN funds have meant pediatric care close to home. "Being in the hospital is never fun," said Crystal, who lives in Bridgeton (Craven County), "so having friends and family close by makes a difference. They gave me the support I needed to keep trying."

The hospital staff at Pitt Memorial Children's Hospital were like a second family, she added. "To be a hospital, they make it as homey as possible. I still go back and visit once every three months or so just because they meant so much to me."

Crystal's ordeal began with an automobile accident in November 2000. Her back was crushed, and she was told she would never feel her legs nor move them again. But patient — and persistent — rehabilitation therapists kept working with her, Crystal said.

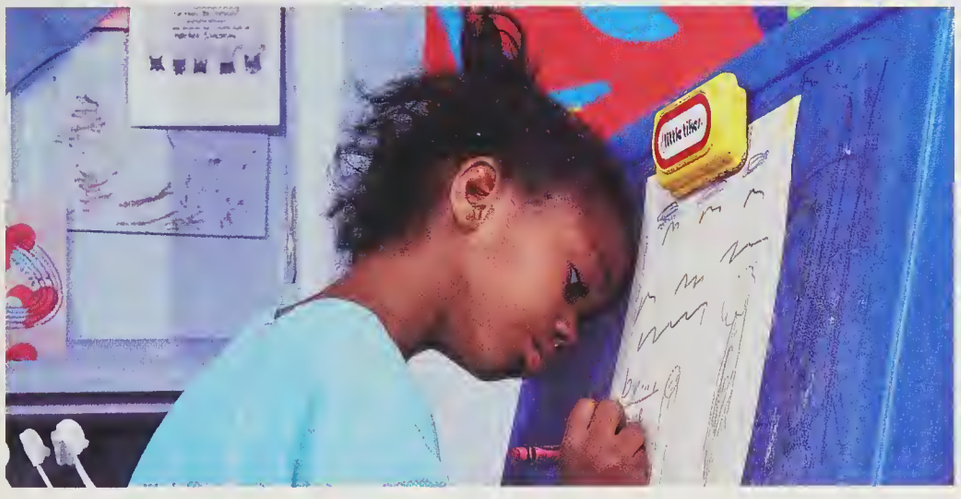
Moving her foot on her own was cause for celebration. "They had a party around my bed when I moved my foot. It gave me hope. I'd lay in bed and move my foot all day long." She was walking a few steps by January 2001, then graduated to a walker and now a cane.

Crystal has already taken classes at Craven Community College and plans to transfer to East Carolina University next semester to study graphic design and communication arts.

Kelina's entrance to kindergarten has been delayed because chemotherapy has lowered her resistance to the germs of childhood that classmates might share, her mother said. But twice a week, a teacher visits the house for lessons. Kelina's prosthesis is here, and she'll soon begin learning how to walk with it.

Meanwhile, her family has adapted. Her mom, a sewing machine operator at a local spinning plant, has returned to working nights so she and her husband can share the responsibilities of Kelina's home care.

"Life is pretty much getting back to normal," she said. "When something like this happens, you deal with it, adjust to it and go on."



The bottom line

All the money raised in a particular TV market goes to the children's hospital in that market, said Page Stroup, director of CMN and children's fund-development programs for the Carolinas Medical System in Charlotte. "Every dollar raised stays in the county. One person or one organization might think their contribution isn't that important, but every dollar counts. We all raise money one dollar at a time."

The telecast is only one fund-raising event CMN sponsors. The familiar yellow-and-orange-striped balloons you see lining the walls at Food Lion, Wal-Mart and Eckerds show individual con-

(continued on page 16)

"When children are affected, our neighbors and friends are affected. We see this as an important cause to support." – Marshall Cherry, Roanoke Electric Cooperative

(continued from page 15)

tributions throughout the year. Civic groups, school groups, churches or individuals can sell balloons.

It all adds up — more than $2 billion nationally since 1983, $229 million in 2001 alone. At Greenville, for example, $1.5 million in Children's Miracle Network funds are helping to build a new, 50-bed neonatal intensive care unit.

The state's electric cooperatives are strong supporters of Children's Miracle Network. Marshall Cherry, manager of member services and marketing for Roanoke Electric Cooperative in Rich Square, heads a group of nine eastern North Carolina co-ops that has contributed $25,000. The cooperatives are Albemarle EMC, Cape Hatteras EMC, Edgecombe-Martin EMC, Halifax EMC, Pitt & Greene EMC, Roanoke Electric, Tideland EMC, Jones-Onslow EMC, and Carteret-Craven Electric Cooperative.

"When children are affected," Cherry said, "our neighbors and friends are affected. We see this as an important cause to support."

Cooperatives not only make corporate contributions, but they also raise funds from among their employees, staff the televised phone-in celebration and sponsor public events throughout the year, such as a golf tournament that Piedmont EMC in Hillsborough organizes each year for CMN and Duke Children's Hospital.

Gary Zajac, vice president of marketing and external affairs for Carteret-Craven EMC, brought the idea to the eastern North Carolina group of cooperatives. "Our Number One community programs have always been for kids — the Bright Ideas grant program, the Youth Tour to Washington, scholarships. Children have always held a soft spot in my heart."

Carteret-Craven and other co-ops also adopted the "Operation RoundUp" program, whereby a customer's total bill each month is "rounded up" a few cents to the next dollar, generating $175,000 annually that supports community programs. Children's Miracle Network was first on the list to receive support from the Carteret-Craven Electric Foundation, he added.

"If we can help the kids," Zajac said, "it makes everybody's life better."

Nell Perry Bovender is a freelance writer who lives in Rutherfordton. She is a member of Rutherford EMC.

All photos © Deon's Photography, Inc. (252) 353-3456. www.Deans-Photography.com

"Kelina [above] helps keep everybody's spirits high. She can't run now, but she has learned to make up for that."
Alvina Clark, Kelina's mother

The Children's Miracle Network nationally

Children's Miracle Network was founded in 1983.

The hallmark of Children's Miracle Network is that 100 percent of every dollar raised in a community stays there to help children served by participating hospitals in the local area.

Children's Miracle Network hospitals treat all children, regardless of affliction or the family's ability to pay.

Each year Children's Miracle Network hospitals provide more than $4 billion in charitable care; these nonprofit children's hospitals depend on community support.

Since 1983 Children's Miracle Network has raised nearly $1.8 billion for children's hospitals — most of which is donated a dollar at a time by individuals throughout the United States and Canada.

How you can help

Your donation to the Children's Miracle Network benefits children's hospitals in your area. For more information about getting involved, contact the CMN office;

University Health Systems of Eastern Carolina's Children's Hospital
Greenville, N.C. (800) 673-5437

Carolinas Medical Center
Chorlotte, N.C. (704) 355-4323

Duke Children's Hospital
Durham, N.C. (919) 667-2575

Children's Hospital of the King's Daughters
Narfalk, Vo. (757) 668-7070

Greenville Hospital System
Greenville, S.C. (800) 472-8339

McLeod Children's Hospital
Florence, S.C. (843) 777-8350

T. C. Thompson Children's Hospital
Chattanaaga, Tenn. (423) 778-5437

Watch the TV special June 1-2

The following television stations will broadcast the Children's Miracle Network "Celebration" during the weekend of June 1-2. Check your TV listings for times.

WYFF Channel 4
www.wyff.com

WCNC Channel 6
www.nbc6.com

WBTW Channel 13
www.wbtw.com

WGPX Channel 16
www.pox.net

WRAL Channel 5
www.wral-tv.com

WWAY Channel 3
www.wwaytv3.com

WVEC Channel 13
www.wvec.cam

WITN Channel 7
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NOW THAT'S funny

(And it's true, too!)

What's so funny? Well, it's those unexpected situations in our everyday lives that deliver the best laughs. Those precious moments punctuate our lives with laughter. Here in the country you don't find good humor in a comedy club or on late night television. It's right there in front of you every day if you have the good sense to appreciate it. The honest words of a little child or the honest mistake of a well-intentioned son-in-law tickles us to death. When you see a pony cruising down the road in the back seat of a Chevrolet, well, that's just plain funny. Many of you assured us that your stories were the gospel truth. We believe you. You couldn't make up some of this stuff. Truth is stranger than fiction, and your stories here can attest to that.

Thanks to everyone who submitted stories. Next month we'll run your stories on "How to Survive a Storm." (Deadline was May 15.) There's still time to send us by June 15 your favorite pet stories. See page 20 for details.

Pigs are bigger

We all went fishing with Owen and his uncle in the Nantahala. The water was ice cold, and by midday it began to rain. A downpour that lasted into the night kept us in the camper.

All of sudden the tarp over our picnic table ripped off and there stood a big black bear. We were all scared, but thought we were safe behind the window inside the camper. That's when the door flew open and we screamed!

Owen's uncle had opened the door and tiptoed outside. He crept up behind the bear as it was rummaging in our rained-out fire pit. With one hand he gave us the "shhh" sign to be quiet, and with the other he smacked the bear as hard as he could on the rear end.

The bear screamed an awful scream and ran off into the woods. Owen's uncle turned around to all of us peering through the camper window and said, "Boys, they grow bigger pigs than that, where I come from."

Eric Leathers
Goldsboro
Tri-County EMC

"Hey! What happened last night?"

This is a true story, told by our neighbor, that happened many, many years ago.

We visited them often, and I always enjoyed their stories of older times. Her family then lived on a farm in Lee County. They grew lots of grapes. Each year when the jelly had all been made, her mother would take the grapes and make juice.

One day she called the children to take a churn full of juice that had fermented and told them to pour it out. They took the fermented juice and poured it in a ditch.

The family also raised lots of geese and picked part of their feathers each year to make pillows and feather beds.

The geese got in the ditch and drank the fermented wine. Later that day, the children found the geese "dead" in the yard. They ran and told their mother, and she was horrified that her geese were dead.

She and the children picked off ALL their feathers and threw the geese in the woods. The next morning there they were, very much alive and not a feather on them! They had passed out drunk. She said it was the funniest sight they had ever seen!

Geneva Lowe
Bear Creek
Randolph EMC

The amazing 1953 Chevrolet

In 1967, my husband bought a 1953 Chevrolet car for $80. It was really nice, blue with a white top. This poor car, if it could talk, would really have some stories to tell itself.

I came home from work one day and there was a pony in my backyard for our 2-year-old daughter. When I asked how he had gotten it home, my husband said, "in the car." When I asked how he had gotten it into the car, he said, "I opened the door." When I asked how he had gotten the pony out of the car, he said, "I opened the other door." He had taken the back seat out of the car and somehow had gotten this pony into the back of the car. He went on to haul dogs, pigs and lots of fish home in this car.

After a few years, my husband decided the car needed painting. So he and his brother did a great job – with spray cans of paint. The only problem was that he went fishing down at the Yadkin River that night and drove it about a mile through the woods. He scratched up the paint job, knocked 13 holes in the gas tank and tore off the bumper. His brother looked at it the next day and said, "You ruined the paint job."

We really had a lot of fun in this car. I can honestly say it was well used. We sold it for $25 in 1973. It still had the scratched-up paint job, smoked so badly that you could not roll the windows down (my husband said people would just think we had air conditioning in the summer when we were actually about to die) and several motor mounts missing so that the body would shift whenever you went around a curve in the road. It was straight-gear, and when it shifted, you couldn't push the clutch or brake in, so you had to get to the next curve to get it to shift the other way.

I could write a book about this car, but that would be too much. I wish we still had it.

Gaye Goins
Dobson
Surry-Yadkin EMC

Grilled chicken

It all took place in the winter of 1993. We had just had a huge blizzard, and our power had been off several days due to it.

One of our neighbor's guineas had been run over in our road, and our dog Blondie had drug the bird into our yard the day the blizzard hit.

After several days of sub-zero weather, things finally began to thaw out, and my husband, Steve, was about to go stir crazy being cooped up with the boys and me. So he decided to do something productive, like clean out his workshop, a much-needed endeavor. After gathering a huge pile of trash to burn, our oldest son, Brian, remembered that the bird was laying in the front yard, so they picked it up and disposed of it in the fire.

Our boys, being the outdoorsmen they are, were playing contently outside the next day. I had gone next door to pay my mother-in-law a visit. While I was there, Jarrad and Jordan came sheepishly inside to see Mamaw, too. Those two little ones reeked with smoke, and Jordan had black soot all around his mouth, and his hands were covered with it, too.

I said, "What in the world have you two been into?"

Jordan giggled and said, "Momma, that was the best chicken I have ever eat!"

To say the least, I about fainted. And yes, he's still alive today.

Lisa Helms
Stanfield
Union Power Cooperative

Bob's golf ball

Bob has always prided himself as being the ultimate practical joker. Golf is not Bob's best game; he plays once a year and shoots 120. One Saturday we asked Bob to complete our foursome.

On the 10th tee, we distracted Bob and replaced his ball with an exploding golf ball. As Bob hit the ball, it exploded into hundreds of pieces. We expected him to laugh and take his lumps, but the exact opposite happened. He looked at us in amazement. We told him we had never seen a ball hit so hard, and that he must have developed a Tiger-like drive. Bob proudly shoved his chest out, started picking up pieces of the golf ball, pocketing the evidence to show his wife and friends.

We phoned everyone asking them to go along with his story. Bob couldn't wait to brag about his accomplishment and show everyone the evidence. After three weeks we decided to end the joke. We bought another exploding golf ball, still in its wrapping, and gave it to Bob as a replacement for the one he crushed. When Bob saw the ball, he realized he was the object of one of the biggest practical jokes ever pulled.

Rick Babulski
Emerald Isle
Carteret-Craven Electric Cooperative

(continued on page 20)

(continued from page 19)

Marvin sews grain seed

Sometimes it's best to "let things lie," especially after time has passed and people have forgotten. Then again, when the story's good, it begs to be told.

We'll call it an error in communication now, but at the time it just seemed plain dumb! He was Marvin, a son-in-law with a desire to earn brownie points. So when the busy fall season rolled around, he came to help. He was put behind the wheel to sew small grain.

Now, everyone else was busy throughout the day, and with the truck with extra bags of seed sitting at the field's edge, no one gave him another thought.

But imagine the stream of expletives B.C. let loose when those same bags of seed were still on the truck the next morning. Yes, Marvin had proudly "planted" a 50-acre field without refilling the drill.

The story made its way through the grapevine of at least three counties back then. I hope he will forgive me for recounting the error of his ways.

Maryjane M. Myers
Union Grove
EnergyUnited

Mirror image

The funniest story I ever heard was the one my wife, Karen, told me about her kids.

She has a set of identical twin girls, Paige and Lauren. They were 5 years old and out shopping in the mall with their mom. Lauren disappeared. Paige and her mom were calling for her in the dress shop.

All of a sudden Karen heard Paige say, "I found her mom," as she ran into the mirror doors of the dressing room. Seconds later, Paige looked up at her mom and said, "Oh, it's just me."

I know I don't tell it as well as Karen. Paige just dies when her mom tells the story. The twins are 19 and sophomores in college.

Donald & Karen Zornes
Hubert
Jones-Onslow EMC

Happier at home

A prominent farmer owned a cow that got out and went in his neighbor's cornfield. When the cow returned home there was a note tied to his horn that said, " I been in Naith Creel's cornfield. If I go back he's gonna shoot me." This is a true story.

Charlotte K. Hargrove
Mt. Olive
Tri-County EMC

SEND us your best. Earn $50.

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures. You don't have to be the best writer. Just tell it from your heart.

August 2002
"My Funniest Pet Story."
Send pictures, too.
Deadline: June 15

September 2002
"My Favorite Photo."
Our annual photo gallery.
Deadline: July 15

October 2002
"How I Learned to Drive."
How good was the teacher, really?
Deadline: August 15

November 2002
"The Dumbest Thing I Ever Did."
And the lesson you learned afterwards.
Deadline: Sept. 15

December 2002
"Advice for Getting Older."
How can we age gracefully?
Deadline: Oct. 15

The Rules

1. Approximately 200 words or less.
2. Only one entry per household per month.
3. Photos are welcome. Digital photos must be 300 dpi and actual size.
4. E-mail or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay $50 for each submission published.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616. Or by e-mail: carolina.country@ncemcs.com. Or through the Web site: www.carolinacountry.com

"Cape Lookout, NC"

By Billy Cannon

"There is nothing more inspiring than a moonlit night at the beach," says artist Billy Cannon, describing his love for depicting beach scenes from the Carolina coast. Growing up on the coast of eastern North Carolina endowed Cannon with an appreciation and a love for the ocean and its many moods. Most of Cannon's work focuses on the Carolina coast bathed in moonlight with a lighthouse beam cutting through the darkness. In fact, it is this contrast that inspired the name for his gallery "The Light at Night" located in Beaufort. Although he has painted for 15 years, he has been selling his work only since 1999. Cannon's work is done exclusively in acrylics on canvas. His gallery comprises both his day and night scenes. Although his black-and-white night scenes are his most popular, his gallery includes his full-color nautical scenes as well. His paintings often feature famous lighthouses along the coast including the Cape Lookout Lighthouse. You can even find a pirate, dolphins or other coastal dwellers in Cannon's paintings.

Matted prints of Cannon's work are available in three sizes: 11-by-14, 16-by-20 and 20-by-24. The prices, respectively, are $20, $30 and $40. Contact Billy Cannon at (252) 728-6135. E-mail: bbcannon@lightatnight.com Web: www.thelightatnight.com/

The Light at Night
2378 Hwy 101
Beaufort, NC 28516

Country Store Special:

The New History Place, Morehead City

The Carteret County Historical Society and Museum of History and Art have moved into their new home: The History Place. Located at 1008 Arendell Street in downtown Morehead City, the new museum offers four times as much space as the previous location. The History Place comprises a gallery, research library, museum store, classroom, auditorium/learning center, offices and a lease space.

Included in the museum's collection are Indian artifacts, costumes from the 1800-1900s, a Victorian parlor and other aspects of the history and culture of Carteret County. The research library contains more than 4,000 publications, 100 archival boxes of manuscripts and an extensive picture file.

Visitors will find that the museum offers genealogy collections from North Carolina, Virginia and England. The museum also contains a Civil War collection.

The History Place hosts programs for the public including genealogy workshops, an Antique-A-Thon and a Civil War symposium. Each week, The History Place will have "Fridays with Rodney Kemp," a history talk on different areas of Carteret County (lunch provided). Admission is free.

The History Place is open Tuesday – Saturday 10 a.m. – 4 p.m. or by appointment for large groups.
Phone: (252) 247-7533
Web: www.rootsweb.com/~ncchs/

Visit the Carolina Country Store

Do you have something to stock on the Carolina Country Store shelves? Send information and pictures to our storekeeper Talena Chavis through the Web site or at Carolina.country@ncemcs.com

The store is open 24 hours a day, everyday, at www.carolinacountry.com

"Cooleemee: Life and Times of a Mill Town"

This book is a historical account of the small town of Cooleemee, N.C., a prominent cotton mill village in the early 1900s. The textile industry once played an important role in shaping rural North Carolina's culture and industry, and this book by Jim Rumley shows the effects in Cooleemee. Focusing on Cooleemee's history, he chronicles the flourish of the textile industry in our state and its decline after the Great Depression. The book is $40.47 plus $4 for shipping. Order from CHA, P.O. Box 667, Cooleemee, NC 27014. Phone: (336) 284-6040.

"Seniors in Motion"

Senior citizens and individuals who are physically challenged can receive mobility equipment at no cost through the "Seniors in Motion" program. Available equipment includes: motorized and manual wheelchairs, scooters and other mobility equipment.

Along with the equipment, "Seniors in Motion" also offers free in-home evaluations and equipment fittings. All paperwork is handled between "Seniors In Motion" staff and the patient's physician. A rehab representative will deliver the equipment and provide safety and operation instructions. Call (800) 594-1225 for a consultation and free in-home evaluation.

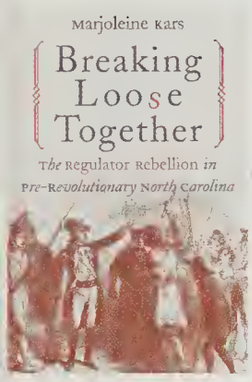
Hit the Asheville Trail

Asheville's 1.7-mile Urban Trail is open. A walk through time, this trail shows history and art without walls. Guided tours are every Saturday at 3 p.m. There is a $5 charge for the tour. You may rent a headset and cassette for a self-guided tour. The trail is composed of 30 "stations" that define each period of Asheville's history starting in 1880. Pink markers embedded in the sidewalk guide you and display an icon for each time period. Tours begin at the front desk of Pack Place. Call (828) 258-0710 or go to www.ashevillearts.com.

"Racing to Win"

Written by Joe Gibbs (with Ken Abraham), the only coach who has won championships in two world-class sports, "Racing to Win" is Joe Gibbs' first account of his life involving stock car racing, football and his family. Gibbs, former head coach of the Washington Redskins, and winner of the 2000 NASCAR Winston Cup Championship with Bobby Labonte, reveals his keys to success in sports and in life in this 255-page volume. Gibbs and his wife, Pat, have two sons and live in North Carolina. "Racing to Win" is available at local bookstores in softcover for $21.99.

Breaking Loose Together: The Regulator Rebellion in Pre-Revolutionary North Carolina



On May 16, 1771, a colonial militia toppled a band of rebel farmers known as the "Regulators" near Hillsborough. Marjoleine Kars has gathered the historical background of this uprising. The Regulators were farmers guided by folk Christianity who sought to reform the South. However, the political and economic elite opposed their reforms and conflict ensued. Comprising 286 pages, "Breaking Loose: The Regulator Rebellion in Pre-Revolutionary North Carolina" charts the Regulator rebellion and its influence on the American Revolution. Available for $19.95 (softcover) or $49.95 (hardcover) from University of North Carolina Press or at local bookstores. Phone: (800) 848-6224.
Web: http://uncpress.unc.edu/

"My Valle Crucis: the 1930s"

This 178-page-softcover book by I. Harding Hughes, Jr. captures life in the mountain hamlet of Valle Crucis, N.C. During the 1930s, Harding Jr., spent his boyhood summers here at his family's cottage. In his novel, he shares his memories of Valle Crucis, as well as Boone and Grandfather Mountain. Available for $14.95 plus $4.75 for shipping from Mast General Store.
Address: Hwy 194, Valle Crucis, NC 28691.
Phone: (828) 963-6511. Web: www.mastgeneralstore.com

"Porch Life in Southern Culture"

Whether used for sipping sweet tea or courting on-the-sly, porches have played a dominant role in Southern culture. Using photographs, oral history and folklore gathered from various Southern regions, the book "Swinging in Place: Porch Life in Southern Culture" shows the rise and fall of the significance of porches for social gatherings. Author Jocelyn Hazelwood Donlon also researches how porches served as a means of separating Southerners according to class, gender and race.

The book is available at bookstores in hardcover for $39.95 or in softcover for $17.95. Or contact University of North Carolina Press, P.O. Box 2288, Chapel Hill, NC 27515. Phone: (800) 848-6224. Web: http://uncpress.unc.edu/

Downtown Trolleys in Asheville

Asheville Historic Trolley Tours offers free transportation on Saturday evenings to and from downtown areas. Twelve of Asheville's downtown bed and breakfasts are participating.
Phone: (888) 667-3600.

"First to Fly"

All North Carolinians know the story of the famous Wright Brothers, but did you know that the history of aviation in this state started a century before that first flight? "First to Fly: North Carolina and the Beginnings of Aviation" by Thomas C. Parramore details this long-forgotten legacy of aerial accomplishments. Gathering scraps of history, Parramore shows the contributions North Carolina has made by providing early aircraft prototypes as well as some of the best airmen and airwomen of the era. It is available at bookstores for $29.95 (hardcover) or from the University of North Carolina Press, P.O. Box 2288, Chapel Hill, NC 27515.
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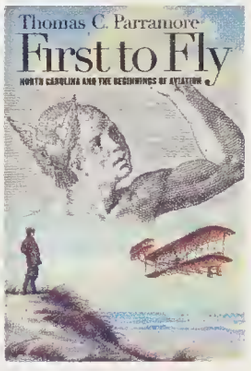


"Women's Poems of Survival and Celebration"

Born out of a church workshop in Charlotte, "Out of the Rough: Women's Poems of Survival and Celebration" is a collection of short poems by women who have endured pain and triumphed, including local poets Lucinda Grey, who teaches at UNC-Charlotte, and Deborah James, who teaches at UNC-Asheville. It is published by Novello Festival Press ($13.95, softcover), 310 North Tryon Street, Charlotte, NC 282802.
Phone: (704) 432-0153. Web: www.novellofestival.net.

Fearrington Village in Chatham County

Started in 1786 by Jesse Fearrington's great-great-grandfather, William Cole, Fearrington Village exists today as a 1,100-acre rural residential village in the countryside of Pittsboro in Chatham County. Fearrington Village contains an 18th century dairy farm featuring belted Galloway cows, gardens, walking trails and specialty shops in the Village Center. The community also includes The Fearrington House Country Hotel and the Fearrington House Restaurant. Located south of Chapel Hill, Fearrington Village is open year-round.
Phone: (800) 277-0130 or (919) 542-4000.
Web: www.fearrington.com.

Cell Phones and Driving

How dangerous is the combination?

by Shannon Walters

As the popularity of cell phones continues to grow, so does the legislation surrounding their use while driving. In 2001, at least 144 cell phone-related bills were considered in 44 state legislatures, the District of Columbia and Puerto Rico. In November of 2001, New York state actually banned the use of hand-held mobile phones by drivers except in the case of an emergency.

But how dangerous is it to drive and use a cell phone? How many people are talking on cell phones while driving, and how many crashes are cell-phone related? Donald Reinfurt, former deputy director of UNC's Highway Safety Research Center (HSRC), and his colleagues conducted a study with the support of the N.C. Governor's Highway Safety Program and the cooperation of the N.C. State Highway Patrol.

"It's absolutely clear from the research literature that talking on a cell phone while driving does elevate the risk of a crash," Reinfurt said. "Using cell phones slows reaction times and degrades drivers' tracking abilities."

HSRC traffic monitors observed drivers during daylight at 85 sites across the state. Of the 11,286 moving vehicles they observed, 352 drivers were using a cell phone. That means that 3.1 percent of drivers on North Carolina's roads may be talking on cell phones while driving. The Piedmont area had the highest cell phone use while driving (4.1 percent). The prevalence rate was 2.2 percent in the mountains and 1.5 percent in the coastal plain.

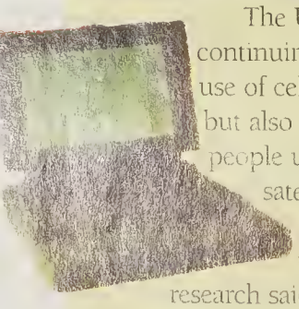
Traffic monitors also observed 14,059 passenger vehicles that were stopped at 85 intersections across the state. "From this sample, we found that drivers who were using a cell phone were more likely to be driving without a front seat passenger, driving a sport utility vehicle, younger, white and using a seat belt," Reinfurt said.

HSRC researchers also examined the involvement and circumstances pertaining to cell phone use in crashes. Highway Patrol troopers completed a special form for crashes where a cell phone was involved. Over a two-month period involving three troops from the State Highway Patrol, about one in 600 crashes in the study appeared to involve the use of a cell phone while driving.

A computer search of all North Carolina crash report narratives between Jan. 1, 1996, and Aug.31, 2000, revealed that the frequency with which cell phone use was mentioned had skyrocketed – from 22 in 1996 to 231 for the first eight months of 2000.

"We believe that cell phones are actually involved in many more crashes than we found," Reinfurt said. "Because drivers usually won't admit to officers that they were talking on phones at the time of their crashes, studies analyzing risk are notoriously difficult to do well, and thus it is far from clear just how much cell phones increase the risk of crashes. We are a long way from answering this question."

What about other gadgets in the car?



The UNC research center is continuing its look at not only the use of cell phones while driving, but also use of other technology people use in their cars, including satellite navigation systems.

HSRC's Jane Stutts, who is leading the further research said,"We need to learn more about how people are using them in real-world situations, looking both at technologies installed in the vehicle and those brought into the vehicle from outside, such as laptops and cell phones."

Although cell phones are just one of several distractions that can lead to crashes while driving, it is justified that researchers are focusing on them, Stutts said.

"Whereas many distractions, such as eating and drinking while driving, have been with us forever, cell phones are relatively new," she said. "And they are just the tip of the iceberg for what may be in our cars in the future."

Established by the North Carolina legislature in 1965, the UNC Highway Safety Research Center conducts interdisciplinary research aimed at reducing deaths, injuries and related societal costs of roadway crashes in North Carolina and the nation. Web site: www.hsrc.unc.edu

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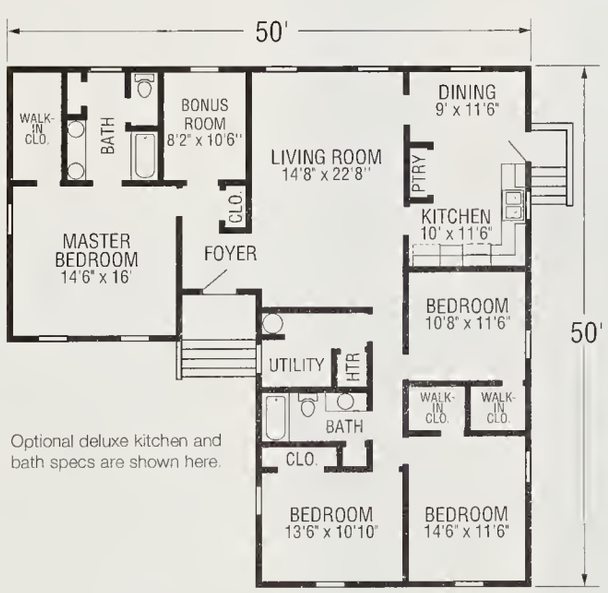

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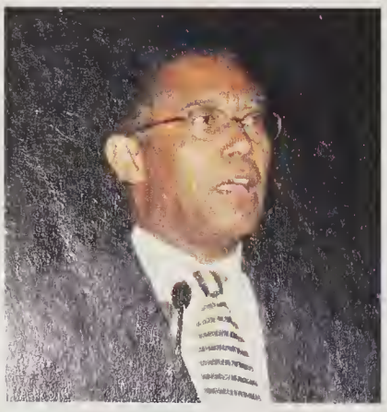
U.S. Senate hopefuls discuss energy and rural issues with cooperative directors



PICTURED FROM TOP TO BOTTOM: Jim Snyder, Elaine Marshall, Erskine Bowles, Dan Blue

FOUR CANDIDATES SEEKING ELECTION to the U.S. Senate seat being vacated by Jesse Helms told electric cooperative representatives where they stand on energy policy and restructuring the electric utility industry during the co-ops' statewide annual meeting held last April in Raleigh.

The primary election that will determine which major party candidates will appear on the November ballot has been delayed from its traditional May date, because of legal issues surrounding the redrawing the state's electoral districts.

Meantime, the candidates who appeared before the cooperatives' directors and managers were Democrats Dan Blue, Erskine Bowles and Elaine Marshall, as well as Republican Jim Snyder. Republican Elizabeth Dole sent a surrogate who spoke on her behalf. The cooperatives invited those candidates polling better than 5 percent in political parties where more than one person is seeking nomination, and all five responded.

Each candidate addressed the forum separately. Following, in the order in which they appeared, is a summary of their remarks about energy policy, electric utility restructuring, and rural development.

JIM SNYDER

Jim Snyder is a Davidson County attorney, a Republican, and an avowed conservative. He is the author of 12 books on corporation and insurance law, a novel and a book of prayers. He is a graduate of Wake Forest University and Wake Forest University School of Law. He and his wife, Sandra, have two children and three grandchildren.

Snyder said that the driving force in his energy policy position is to "protect American sovereignty," as well as "free and fair markets." He said, "The electric industry and national energy policy in general should work in a free market with less regulation."

Snyder favors exploring for oil in the Alaska National Wildlife Refuge. He is not a supporter of the Federal Energy Regulatory Commission's mission, but he does support forming privately-held "regional transmission organizations" that can determine reliable electric power supply nationwide.

"Keep in mind that deregulation is not such a bad thing," Snyder said. "In California it hasn't worked because of a lack of planning."

Regarding the idea of an economic divide between rural and urban North Carolina, Snyder said that "urban sprawl can cause more jobs for rural areas" and that the U.S. Senate "has no business interfering" with local economic development plans.

ELAINE MARSHALL

Elaine Marshall has served as North Carolina's Secretary of State since 1997. She was the first female elected to a statewide executive branch office in North Carolina. In the N.C. State Senate she represented the area around her home in Harnett County. Marshall practiced law, and also worked as a homemaker, a Lenoir County schoolteacher and a small business owner. She is married to Bill Holdford and has five stepchildren and seven grandchildren.

Marshall said that she believes any move to deregulate electric utilities should "protect the integrity of the generation, transmission and distribution systems . . . protect ratepayers . . . and include municipal utilities and cooperatives" in the decision-making.

She said she understands the importance of the Southeastern Power Administration (a federally-owned source of some of the cooperatives' electric power) and that she would not support auctioning it to private bidders, or eliminating the Department of Energy. "National energy policy must include what's good for North Carolina," she said.

Regarding the idea of an economic divide between rural and urban North Carolina, Marshall said she supports "smart growth" initiatives, improved public schools and transit systems, the community college system, sound energy policy, and high-speed Internet access. She also thanked the state's co-ops for supporting 4-H programs.

ERSKINE BOWLES

President Clinton in 1993 named corporate finance executive Erskine Bowles to head the Small Business Administration and then in 1996 as his Chief of Staff. In 1998, Bowles returned home to Charlotte, and in 1999 Gov. Jim Hunt appointed him to head a commission to study the economic conditions of

rural North Carolina. He is the son of the late Hargrove "Skipper" Bowles. He and his wife, Crandall, have three grown children.

"The jury still out on deregulation," he told the cooperatives' representatives. "We must carefully evaluate it. . . . Everyone must have equal access to utilities, especially the rural areas." He advised a "go slow" approach on deregulation.

A strong energy policy, he said, should involve developing alternative and renewable energy resources and new technologies such as fuel cells. Other programs should include developing natural gas resources and new conservation technology. He opposes federal expenditures on nuclear power development until "adequate safeguards are in place" and safe radioactive waste storage is assured.

Regarding the idea of an economic divide between rural and urban North Carolina, Bowles said state planners must "think regionally about economic development" and that "investing in education" is the wisest policy.

PETER HANS FOR ELIZABETH DOLE

Elizabeth Dole did not attend the forum, but she sent a surrogate, Peter Hans, who worked previously in the office of former U.S. Sen. Lauch Faircloth.

A Republican, Dole has served on the Federal Trade Commission, as Secretary of Transportation, and Secretary of Labor. She was president of the American Red Cross from 1991 to 2000, when she sought the Republican Party nomination for President. A native of Salisbury, she is married to former Sen. Bob Dole of Kansas, and they have one daughter.

Hans said Dole believes North Carolina should make its own decisions regarding restructuring the electric utilities, as well as about how those utilities can diversify their products and services. He said she believes "restructuring should be fair to all users" and that "co-ops should be treated as equal players." Hans said the candidate believes in reducing dependency on foreign oil, promoting energy conservation and using technology for environmental protection.

DAN BLUE

Dan Blue, a Democrat, has represented the Raleigh area in the North Carolina state legislature since 1980 and served as Speaker of the House. He is a founding partner of a Raleigh law firm and serves on the Duke University Board of Trustees. A native of Robeson County, Blue was his high school's valedictorian and graduated from North Carolina Central University and Duke University School of Law. He lives in Raleigh with his wife, Edna. They have three adult children.

Blue said he has strongly opposed restructuring the electric utility industry in North Carolina, but that it can have some benefits if done correctly. "The principles that should govern any national or state deregulation effort should be a proven benefit to rural communities and to consumers," he said. He said a national energy policy should include affordability, reliability and safety coupled with a clean environment.

Regarding the idea of an economic divide between rural and urban North Carolina, Blue said he grew up in rural Robeson County, and he has seen jobs in such areas lost to other countries. "Public education must be the driving force behind any sound economic development policy," he said. He supports community colleges, as well as "equity in public funding and infrastructure."

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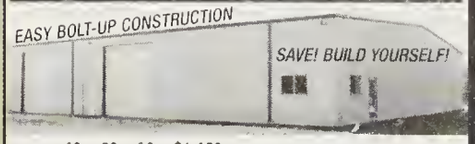

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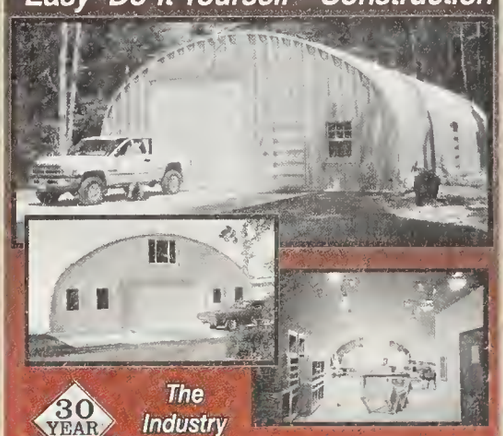

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Phonemetics

No need to look up the answers to this puzzle. If you don't know them, they are easy to

"figure out."

Brevard is the seat of this county.

8	7	2	6	7	9	5	8	2	6	4	2

Fayetteville is the seat of this county.

2	8	6	2	3	7	5	2	6	3

Charlotte is the seat of this county.

6	3	2	5	5	3	6	2	8	7	4

Troy is the seat of this county.

6	6	6	8	4	6	6	3	7	9

Jackson is the seat of this county.

6	6	7	8	4	2	6	7	8	6	6

SAY WATT?

Winner

"Give a man a fish and he will eat for a day. Teach him to fish and he will 'PHONE IN SICK ON FRIDAYS.'" This was the answer to our May puzzle contest. Raphael Cahn of Sparta submitted the 100th correct answer, thereby winning the $25 prize.

By May 7, we had received 277 entries, along with enough flattering comments to keep me churning out more puzzles with my nose to the grindstone, shoulder to the wheel, and eye on the ball. Now you know why I have a "bent" for composing puzzles.

Christine Watson of Lexington wrote: "My husband has been deployed overseas as part of Operation Enduring Freedom and will be coming back in just days now. One of the things that we have planned to do as great family time is to go fishing. If I were to win the $25 you can bet that it would be used to purchase plenty of bobbers, crickets and worms for our four boys. They're looking forward to fishing with Dad."

And Betsy G. of Chapel Hill wrote, "I love working on puzzles, so what a treat to have a chance to make money on it. I'll know next month to read my Carolina Country sooner!"

Thanks to all of you who entered our contest, and especially to those who made encouraging comments about "Joyner's Corner." After I have forgotten the answers, I have as much fun solving the puzzles as you do.

And I "Quote"

An attacker shot and killed a Spanish newspaper executive seven times yesterday...
-The Winston-Salem Journal

This gives a whole new meaning to "overkill."

Most Saturday work crews are community service volunteers ordered there by the courts.
-Hendersonville Times-News

An offer they couldn't refuse?

Percy P. Cassidy

Poles Apart

_ _ _ _ _ _ _ _ _ signs are placed on
h l d a e h p t

the _ _ _ _ _ _ _ _ of the street.
i g n o n w r

Use the capital letters below to fill in the blanks above.

"ACDGE NIO RSUWY" means
p o w e r a n d l i g h t

Answers on page 48

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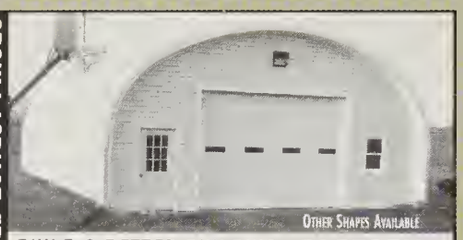

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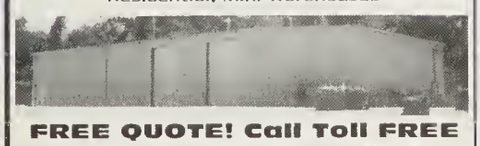

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June EVENTS

Diamond Rio will appear at the Appalachian Summer Festival in Boone, June 28-July 27. The band will play at the outdoor fireworks concert sponsored by Blue Ridge Electric Membership Corporation. The festival also features Mike Cross as well as a variety of music, dance, and theatrical events. (828) 282-4046 or www.appsummer.org

MOUNTAINS
(west of I-77)

Photography Exhibit: Pat Keiger
June 1-30. Danbury.
Stokes County Arts Council.
Free. (336) 593-8159,
(828) 693-9708.
www.historichendersonville.org

Local Art Show
Through June 29. Mount Airy.
Gertrude Smith House. Free.
(800) 576-0231.

New River Canoe Race
June 1. West Jefferson.
New River State Park. Zaloo's
Canoes. (336) 219-2650.

Clay Day
June 1. Asheville.
Raku-firing and other clay
techniques. Southern Highland
Craft Guild. (828) 298-7928.

Storytelling
June 1, 8, 15, 22, 29 (every
Sat.). Kings Mountain.
Kings Mountain Historical
Museum. (704) 739-1917.

"Night Watch"
June 1-2, 7-9. Hayesville.
Mystery drama. Peacock
Playhouse. (828) 389-8632.
hcklog@dnet.net

Tour De Pets Bicycle Ride
June 1. Shelby.
Benefits Association for the
Welfare of Animals (AWA).
(704) 487-6555.

Roten/Arnold Gospel Festival
June 1. Creston.
Riverview Community Center.
(336)386-2476.
www.riverviewcommcntr.org

Green Valley Park Celebration
June 1. Todd.
Music, crafts, book readings,
children's activities and more.
(828) 262-1084.

"Ole Timey Day"
June 1. Hendersonville.
Breakfast, petting zoo, antique
farm equipment. (828) 693-8991.

Shadow of the Hills Exhibit
June 3-July 13. West Jefferson.
June 6, reception. Annual art
exhibit by Blue Ridge Art Clan.
Free. (336) 246-ARTS.

Stokes County Writers Group
June 4, 11. Danbury.
Danbury Public Library (1st
Tues.). King Library (2nd
Tues.). (336) 593-8159.

Horse Show
June 5-9. Tryon.
Foothills Equestrian Nature
Center. Free. (828) 859-9021.
www.fence.org

Pickin' in the Park
June 7, 14, 21, 28. Canton.
Music & dance by the river.
Canton Recreation Park.
(828) 648-7925.
www.cantonpapertown.com

**Bluegrass &
Old-Time Workshops**
June 7. Mount Airy.
Veterans Memorial Park. Free.
(800) 286-6193.

Concerts on the Lawn
June 7, 14, 21, 28. (every Fri.).
Boone. Bluegrass, jazz, classical
guitar, acoustic and blues. Free.
(828) 264-1789. wcac@boone.net

Art in the Park
June 8. Blowing Rock.
Fine art & craft shows. Free.
(828) 295-7851.

Miniature Horse Race
June 8. Taylorsville.
Bryant Farm. Free.
(336) 374-4725.

Coffeehouse Talent Night
June 8. West Jefferson.
Jefferson United Methodist
Church fellowship hall.
(336) 246-ARTS.

Tim Frye's Pickin' on the Creek
June 8. Mount Airy.
Granite City Floor Covering.
Live music concerts.
(336) 786-5039.

Cruisin' for Miracles Car Show
June 8, 13. Hendersonville.
Wal-Mart Supercenter. Free.
(828) 697-7876.

Fred Chapell Homecoming
June 13. Canton.
Chapell will read from his
works. Colonial Pathways
Theater. (828) 648-725.
www.cantonpapertown.com

"People & Their Pets" Art Show
June 13-July 4. Shelby.
The Arts Center. (704) 484-
2787. www.ccartscouncil.org

Pig Pickin' by the River
June 14. Creston.
Rock Bottom Bluegrass Band.
Riverview Community Center.
(336)386-2476.
www.riverviewcommcntr.org

Gallery Crawl
June 14. West Jefferson.
5-8 p.m. Free. (336) 246-ARTS.

Blue Ridge Barbecue
June 14-15. Tryon.
www.blueridgebbqfestival.com

Foothills Craft Fair
June 14-15. Tryon.
Live music, craft show and
childrens' rides. Harmon Field.
(828) 859-6236.

Beach Blast
June 15. Kings Mountain.
Featuring "Chairmen of the
Board." (704) 730-2103.

Wings & Wheels Weekend
June 15-16. Hickory.
Antique motorcycles, cars
trucks & aircraft. Hickory
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Music Series in the Park
June 16. Mount Airy.
Featuring jazz singer Melva
Houston. Robert Smith Park.
(800) 576-0231.

**American Cancer Society
Relay for Life**
June 17-18. Murphy.
(828) 837-9291.

Parade of Log Homes & Art Tour
June 22-23. Waynesville.
Art tour of timber and log
homes. (828) 293-2239. www.
DistinctiveCustomHomes.com

Appalachian Summer Festival
June 28-July 27. Boone.
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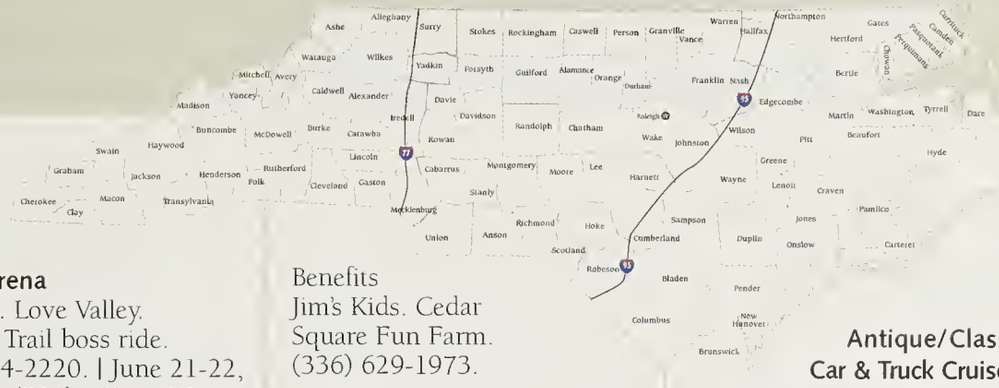
MOUNTAINS | PIEDMONT | COAST



(828) 262-4046 or (800) 841-ARTS. www.appsummer.org

Heritage Day & Wood Kiln Opening
June 29. Blowing Rock. Bolick Pottery. (828) 295-3862.

The Orchard at Altapass
Ongoing. Spruce Pine. June 1, "Jesse Smith and Louis Taylor" and more | June 2, "Slight Departures." | June 8, "Bobby Gardner" and more.| June 15, "Bud Rice." | June 16, "'Becca Eggers-Gryder." | June 22, "Arzella Mckinney, Rev. Carl & Lillian Roland." | June 29, "Laura Vines" and more. | June 30, "Brian Gurl." | All shows are free. (888) 765-9531. www.altapassorchard.com

Schiele Musuem
Ongoing. Gastonia. Every Sat./Sun., "Explore the Bobcat's Den." | Every Sat. "The Little Star That Could." (704) 866-6900. www.schielemuseum.org

Ashe Civic Center
Ongoing. West Jefferson. June 15, "R. W. Hampton Cowboy," | June 22, "George Hamilton IV Country." | (336) 246-4483. www.ashecivic.com

Love Valley Arena
Ongoing. Love Valley. June 15, Trail boss ride. (336) 764-2220. | June 21-22, Bull ride. (704) 592-4407. www.lovevalley.com

The Art Cellar Gallery
Ongoing. Banner Elk. Through June 23, "Carolita Cantrell: Works On Canvas & Paper" | June 5-30, "Ruthie Windsor Mann: Landscapes & Still-Lifes." (828) 898-5175. www.artcellaronline.com

Cradle of Forestry Historic Site
Ongoing. Pisgah Forest. June 1, "Walk the Wetlands," | June 8, "Salamander Saturday" | June 15, "Pond Exploring" | June 16, "Father's Day in the Forest" | June 29, "Bug Day." | (828) 877-3130. www.cradleofforestry.com

PIEDMONT
(between I-77 and I-95)

N.C. Botanical Gardens
Through June 30. Chapel Hill. Paintings by local artist Clyde Jones. Free. (919) 962-0522.

"Southern Gate" Paintings by African-American artists
Through June 30. Durham. Duke University Museum of Art East Campus. (919) 684-5135.

Country & Western Roundup
June 1. Randleman. Bands include "Triple 'M' Bluegrass," pony rides, food. Benefits Jim's Kids. Cedar Square Fun Farm. (336) 629-1973.

Antique Gun & Military Antiques Show
June 1-2. Raleigh. State fairgrounds. (704) 282-1339. www.The CarolinaTrader.com

Antique Machinery Show
June 1-2. East Bend. (336) 699-4385.

Herb & Garden Festival
June 1. Durham. Herb tasting, vendors, music & games for kids. Duke Homestead Site and Tobacco Museum. Free. (919) 477-5498.

Edible Arts Festival of Food/Art
June 2-10. Durham. Sample gourmet creations. Duke Civic Center. (919) 560-2787.

Weymouth Woods Nature Preserve
June 2, 9, 16, 23, 30. Southern Pines. Weymouth Woods Auditorium. (910) 692-2167.

Piedmont Chamber Singers Summer Concert
June 2. Winston-Salem. Salem Fine Arts Center. (336) 722-4022. www.piedmontchambersingers.org

Caldwell County Historical Society & Heritage Museum
June 2. Lenoir. Book signing by Karen Reynolds, "Tom Dooley: A Wilkes County Legend." Free. Donations appreciated. (828) 758-4004.

Special Olympics Summer Games
June 2. Raleigh. (800) 843-6276, ext. 106. www.sonc.net

Antique/Classic Car & Truck Cruise-In
June 3, 17. Mocksville. Door prizes, "Car of the week," and more. Downtown on the square. (336) 751-0313.

Salem Band Concert
June 4, 18. Winston-Salem. Old Salem. (336) 721-7300. www.oldsalem.org

Harold Arlen: Wizard of Music
June 5-9. Southern Pines. Sunrise Theatre. (910) 692-4356.

See endangered red wolf pups born in April at Durham's Museum of Life and Science.

Red wolf pups are a dark color at birth, gradually lightening until they become bright orange around 6-8 weeks. (919) 220-5429 or www.ncmls.org

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CONTINUED

JUNE EVENTS

Dance Company Performance
June 6. Winston-Salem. Southeastern Center for Contemporary Art. (336) 725-1904. www.secca.org

American Dance Festival
June 6-July 19. Durham. Duke University campus. (919) 684-6402.

"A Ripple in the River"
June 6-8, 13-15. Polkton. Outdoor drama. Helen Goodman Amphitheater. (704) 694-5211.

Fourth Street Jazz & Blues
June 7, 14, 21, 28. Winston-Salem. Fourth and Spruce Streets. Free. (336) 725-1083. www.wsevents.com

Charlie Chiklis & the Moonlighters Big Band
June 7. Cary. Page-Walker Arts & History Center lawn. Free. (919) 460-4963. www.townofcary.org

Occaneechi Saponi Spring Fest
June 7-8. Hillsborough. (919) 304-3723.

Stanly County Antique Festival
June 7-8. Albemarle. Antique farm equipment, engines, cars & crafts. Stanly County Fairgrounds. (704) 982-6707.

Hillsborough Hog Day
June 14-15. Hillsborough. Free. Donations appreciated. (919) 732-8156. www.hillsboroughchamber.com

National Hollerin' Contest
June 15. Spivey's Corner. (910) 567-2600. www.hollerincontest.com

Backyard Blues Festival
June 15. Winston-Salem. Southeastern Center for Contemporary Art. (336) 725-1904. www.secca.org

Eat to your heart's content at Hillsborough Hog Day on June 14-15. The event is free, but donations are appreciated. (919) 732-8156. www.hillsboroughchamber.com

Celebration of Flight
June 15. Greensboro. Exhibits & activities on animals and machines that fly. Natural Science Center. (336) 288-3769

Old-Time Square Dance
June 15 (every 3rd Sat.). Denton. Denton Civic Center. (336) 475-9397. www.co.davidson.nc.us/arts/programs.html

Fayetteville Museum of Art
Through June 18. Fayetteville. "Collegiate Art" and "Friends of the Arts." AIT Galleries. Free. (910) 485-5121.

Antique Extravaganza
June 21-23. Winston-Salem. Lawrence Joel Veterans Memorial Coliseum Annex. (336) 721-7300. www.ljvm.com

Eastern Music Festival
June 22-27. Triad areas. Guest artists, symphony orchestras and more. (877) 833-6753, ext.22.

Veggie Fest
June 22. Greensboro. Music and cooking demonstrations with local produce. Farmer's Curb Market. Free. (336) 574-3547.

Rock 'n' Roll Rodeo
June 28-29, Carrboro Musical for children of all ages. The ArtsCenter. (919) 929-2787. www.artscenterlive.org

Professional Rodeo
June 28, 29. Woodleaf. Circle T Ranch on Foster Road. (704) 278-2069.

Youngsville Truck Pull
June 28-29. Youngsville. Benefits Fire Department. NC 96, 5 miles south of US 1. (919) 56-0501.

Shelton at Sunset Concert
June 29. Dobson. Music by the "The Embers Band." Shelton Vineyards. (336) 366-4724. www.fullcircleart.com

Independence Day Celebration
June 30. Winston-Salem. Bands, hay wagon rides, puppet show, animals and more. Bethabara Park. Free. (336) 924-8191. www.bethabarapark.org

Senator Bob Martin Eastern Agricultural Center
Ongoing. Williamston. June 13-15. "Carolina Classic Horse Show." | Through June 30, "We've Gone South" Horse Show. Free until evening. (252) 792-5111.

Malcolm Blue Farm Museum
Ongoing. Aberdeen. Special exhibits, "Kudzu-The Vine That Covers the South" | "Nature's Wrath" | "Endangered Farm Animals" and more. | Free. (910) 944-5967.

Discovery Place
Ongoing. Charlotte. New exhibit, "The Human Body Systems and Blood." (704) 372-6261.

Museum of Life and Science
Ongoing. Durham. June 2-8, "Bear Awareness Week." | Through August, "Baby Red Wolves." | (919) 220-5429. www.ncmls.org

Museum of Art
Ongoing. Raleigh. Opening in June, "Simpson's Wind Machine." | Through July 28, "Empire of the Sultans: Ottoman Art from the Khaili Collection." | Through Aug. 25, "Reverend McKendree Robbins Long: Picture Painter of the Apocalyse." | Through Dec 1., "The Birds of America by John James Audubon." | (919) 839-6262. www.ncartmuseum.org

COAST
(east of I-95)

Scots Heritage Celebration
June 1. Currie. Highland music, bagpipes and sword demonstrations. Moores Creek National Battlefield. (910) 283-5591.

Davenport Homestead Heritage Day
June 1. Creswell. Early Settlers of Washington County. (252) 797-4336.

Woman's Club Yard Sale
June 1. Oriental. Clubhouse at 1007 Gilgo Road. (252) 249-3919.

Flounder & Speckled Trout Tournament
June 1-4. Southport. (910) 457-9903.

Albemarle Chorale's Opera Showcase
June 2. Edenton.
John A. Holmes High School auditorium. (252) 482-2983.

"My Fair Lady"
June 6-8, 13-15,20-22. New Bern. New Bern Civic Theatre (252) 633-0567.

Cape Fear Shakespeare Festival
June 6, 9,14, 16, 21, 23, 28, 30. Wilmington. Outdoor performances of the Bard. Greenfield Park. Free. (910) 251-0911.

Annual Flounder Tournament
June 7-8. Shallotte Point. (910) 754-6985.

Ocrafolk Music, Storytelling Arts & Crafts Festival
June 8. Ocracoke.
Live entertainment, storytelling, music and local arts and crafts. (888) 493-3826.

Neuse River Day
June 8. New Bern.
Boat races, petting zoo, pony rides, exhibits. (252) 637-7972.

Moth Boat Regatta
June 8. Hertford. (910) 426-2021

Waterfront Community Music Festival
June 14. Edenton.
Free. (252) 482-3400.
www.edenton.com

"Worthy is the Lamb" Celebration
June 15-Sept. 28. Swansboro.
Fri./Sat's only. Crystal Coast Amphitheatre. (800) 662-5960.

Down Home Antique Fair
June 15-16. Wilmington.

Poplar Grove Plantation. (910) 686-9518, ext. 26. www.poplargrove.com

Darden Family Bluegrass Festival & Picking Party
June 20-23. Mapleton.
Darden Family Farm. (252) 398-3106.

Middle East Institute: It's Land, People and Faith
June 24-28. Wilmington.
UNC-W Lifelong Learning Center. (910) 962-7249.

The New History Place Museum
Ongoing. Morehead City.
Weekly, "Fridays with Rodney Kemp," History talk, lunch provided. Exhibits: Indian artifacts, costumes from the 1800-1900s, Civil War collection. Free. (252) 247-7533.

Louise Wells Cameron Art Museum
Ongoing. Wilmington.
Through July 14, "Donald Sultan: Paintings." | Through April 2003, "18th Century European Art from the N.C. Museum of Art." (910) 395-5999. www.cameronartmuseum.com

LISTING INFORMATION

Deadline for Aug: June 25
Deadline for Sept: July 25

A phone number must be included with event listings in order to be published.

Photos are welcome.

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Help cool heat from a hot roof with attic ventilators and foil shields

By James Dulley

People are often surprised when they realize how much heat blasts down into their homes from a hot attic in the afternoon sun. A dark roof can easily reach 150 degrees in the hot sun. This heat radiates down to the room ceilings below and on to your body. This also forces your air conditioner to run longer, increasing your utility bills.

Attic floor insulation is excellent for blocking low-temperature conductive heat flow through the ceiling during both winter and summer, but it is relatively ineffective at blocking radiant heat from a super-hot, 150-degree roof. The radiant heat flow can make the insulation itself get hot, and then it holds the heat even longer.

The best method to block this heat from a hot roof is a combination of adequate attic ventilation and low-emissivity, reflective foil stapled under the roof rafters. The ventilation helps reduce the roof temperature and the foil shields the attic floor and ceiling from the radiant heat transfer.

Attic ventilation is also needed during the winter to remove moist air that leaks up from the living areas. If the attic is not well vented, this moisture in the air can condense and drip down on the insulation. Wet insulation is not only ineffective, but it can actually damage the attic lumber.

There are many types of roof and attic ventilation methods, but solar-powered attic vent fans are effective and operate for free from the sun's energy. They are an ideal fit with summer attic cooling because the solar fan runs faster as the sun gets more intense and hotter. At night, they stop running.

There are many design variations, but in all of them, a small solar cell (photovoltaic - PV) panel converts the sun's rays into low-voltage, direct-current electricity. The solar panel is wired to a small efficient motor with the fan blades attached to its shaft.

Some solar-powered fans have a very low profile and look similar to ordinary roof vents. Other designs project higher from the roof to provide better exposure to the sun's rays. All of the designs have flashing attached to the housing. It slips under the shingles to eliminate leaks when it rains.

Fan is mounted on roof next to regular roof vent.

Solar-powered vent fans range in size from mini, four-inch-diameter models to the more typical 12- to 16-inch sizes. The maximum air flow rates are about 1,000 cubic feet per minute for the larger ones. The mini-models have a built-in rechargeable battery so they continue to run when the sun goes down, removing any residual heat in the attic.

The two basic designs of solar fans are self-contained (integral) and remote. The self-contained models have the solar cell panel built neatly into the top of the fan housing. The housing can be either round or rectangular. These models are ideal for a roof with an unshaded, southern exposure because no external wiring is required.

For non-southern roof exposures, or for shade problems, use a remote design with a separate solar cell panel and a fan. With up to a 20-foot, safe, low-voltage wire, you can usually find a location for the panel so it faces the sun for maximum electricity output. A remote design also allows you to install an on/off switch if you wish.

Since there is no high-voltage electrical wiring needed with solar-powered fans, installing one or two solar fans is not a difficult do-it-yourself project. You can carefully remove a few shingles and saw a round hole through the roof, then nail the fan in place through its flashing and replace the shingles with some roofing cement. (You might prefer to have a home improvement contractor do this work.)

Natural attic ventilation is also an option, but you will have to install many more roof vents or a ridge vent along the entire length of the roof peak. Installing turbine vents instead requires fewer vents and can increase the amount of natural ventilation. A unique electric-powered internal ridge vent is still another option.

Write for (or instantly download - *www.dulley.com*) Utility Bills Update No. 657 - buyer's guide of 11 solar-powered attic vent and turbine fans listing air flow ratings, watts, sizes, features, prices and a sizing/selector chart. Please include $3 and a business-size SASE. James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244.

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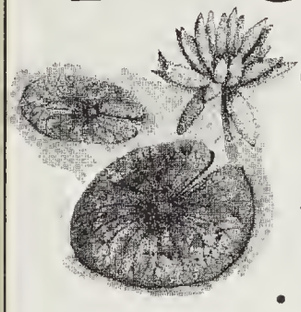

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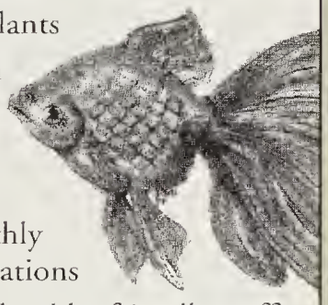

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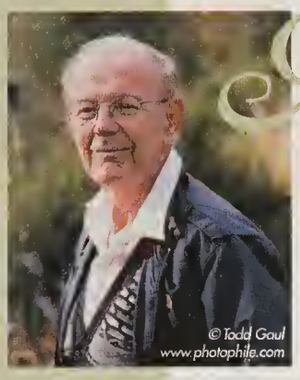
Hank's gardening guide

by Hank Smith



Now is the time to fully appreciate the fruits of late winter and early spring toil. A few lighter tasks to add to your "to-do" list include: planting more annuals to produce color before autumn frosts arrive, replacing spent vegetables with those that mature in the fall, and keeping tabs on lawn pests.

Organic alternatives to chemicals

Control many pesky garden insects with this homemade spray: combine onion skins, four cloves of garlic and two cups of water in a blender. Thoroughly blend. Allow mixture to sit overnight, then strain. Add mixture to sprayer with a half-gallon of water. Control insect pests by spraying upper and underside of leaves.

Another chemical spray alternative to ward off insects, as well as animals, is a combination of the following: one tablespoon cayenne pepper flakes, three garlic cloves, one teaspoon liquid detergent, three teaspoons vegetable oil and two cups water. Blend by shaking well or place in a blender. Pour into sprayer, and apply to upper and underside of leaves.

Re-apply either spray after a rain shower.

GARDENING TERM

Tree Paint

Althaugh not recommended, some gardeners use "tree paint" to caver pruning waunds. Insteod of paint, leove these waunds open ta oir dry. Applying tree point keeps the waod beneoth the wound from drying, promoting decoy in the tree.

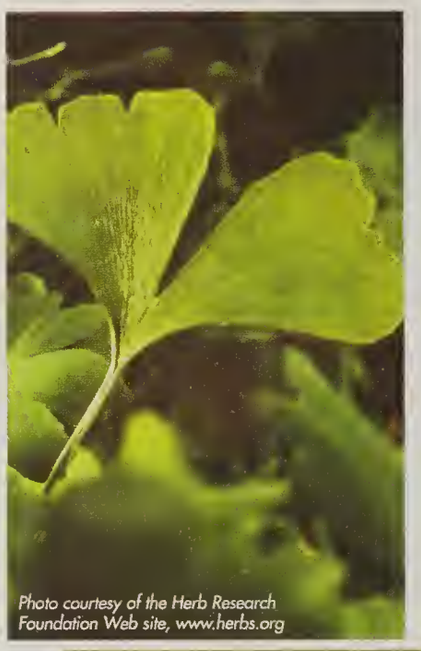
Beach gardens

Plant choices are somewhat limited near the ocean. Salt spray and mist are not conducive to the healthy growth of several plants that thrive a few miles inland. These few that tolerate growing oceanside include: beach plum, bush groundsel, cotoneaster, broom, bayberry and lilac, if planted on the backside of buildings.

Satsuki azaleas

Late-flowering Satsuki azaleas, native to Japan, are good supplements and accents to larger and taller azaleas. Dwarf and semi-dwarf forms reach 2-to-3 feet in height. Some grow to 6 feet. They flower after the taller azaleas to extend the azalea bloom season. Tall-growing hybrids sometimes reach 10 feet. Satsuki blooms on one plant can range from white to pink, to pink with white. They are good choices near low windows of a building, as they do not shade the interior.

All azaleas are rooted with ease after flowering finishes and new growth hardens. For Satsuki, this usually occurs from late June-August.



Leaves of the Ginkgo biloba

Ginkgo biloba

Sometimes referred to as "Maidenhair Fern Tree" because its leaves look like enlarged maidenhair fern leaves, the Ginkgo is a small-scale deciduous tree. Immune to pollution, it makes a good tree for planting near highways and streets as well as cities and towns. The female bears a very foul- smelling fruit, so plant only males. Brilliant yellow leaves cloak trees in the autumn. In most cases, trees are denuded in 24 to 48 hours, making for easy leaf raking.

Planting and transplanting

It's not too late to plant annual flower seeds. Blooming time is especially useful when using plants in color-controlled beds. Bearded irises can be transplanted while in bloom. Consider sowing seeds directly into prepared garden beds. Zinnias, sunflowers, tithonia, cosmos and cleome respond well to this method.

HORT shorts

- Aid acid-soil-loving pat plants by inserting waaden kitchen motches head first into sail. Sulphur in the match heods stimulates ocid sail.
- High winds con break limbs from pine trees. Ta pratect trees from ottack by beetles, remove braken bronches fram trees. Trim owoy stubs close to trunks. It's seldom necessory ta use a *tree paint* on pines ofter pruning. Leove no limbs ar brush in cantact with tree trunks.
- Mosses of zinnios ore easily grawn, odd colar to vegetoble plontings ond blaam aver o lang periad af time.
- Mulch tamataes, egg-plont, peppers, ond other long-season crops to help keep down weeds ond hold moisture during hat summer days. Other moteriols useful for this include: ald sawdust, pine strow, newspopers and fertilizer bags.
- Replenish mulch oround trees ond shrubs.
- There's still time ta plont sweet carn, lima beons, bush snopbeans, Southern peas, summer/ winter squash, and okro.
- Remave fireblight-killed twigs on apples, peors ond quince before conkers form. Moke cuts below deod oreas and burn oll prunings. Sterilize pruning sheors with bleach.

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Cherry Almond Mousse Pie

- 1 can (14 oz.) sweetened condensed milk, divided
- 1 square (1 oz.) unsweetened chocolate
- ½ teaspoon almond extract, divided
- 1 pastry shell (9 inches) baked
- 1 jar (10 oz.) maraschino cherries, drained
- 1 package (8 oz.) cream cheese, softened
- 1 cup cold water
- 1 package (3.4 oz.) instant vanilla pudding mix
- 1 cup whipping cream, whipped
- ½ cup chopped almonds, toasted
- Chocolate curls, optional

In a saucepan over low heat, cook and stir ½ cup condensed milk and chocolate until the chocolate is melted and mixture is thickened, about 4 minutes. Stir in ¼ teaspoon extract. Pour into pastry shell; set aside. Reserve eight cherries for garnish. Chop remaining cherries; set aside. In a mixing bowl, beat the cream cheese until light and fluffy. Gradually beat in water and remaining milk. Add pudding mix and remaining extract; mix well. Fold in whipped cream, chopped cherries and almonds. Pour over pie. Chill for 4 hours or until set. Garnish with whole cherries and chocolate curls.

Yield: 8-10 servings.

Creamed Chicken in Pastry Shells

- 2 packages (10 oz. each) frozen pastry shells
- 2 celery ribs, finely chopped
- 1 medium onion, chopped
- 2 tablespoons chopped green pepper
- 6 tablespoons butter or margarine, divided
- 6 tablespoons all-purpose flour
- ½ teaspoon salt
- 3 cups milk
- 1 can (10 ¾ oz.) condensed cream of mushroom soup, undiluted
- 4 cups cubed cooked chicken
- 1 can (4 ounces) mushroom stems and pieces, drained
- 1 jar (2 oz.) diced pimentos, drained
- ½ cup grated Parmesan cheese
- ½ cup sliced almonds

Bake pastry shells according to package directions; set aside. In a skillet, sauté celery, onion and green pepper in 1 tablespoon butter 10 minutes or until tender. Remove from heat and set aside.

In a large saucepan, melt remaining butter over medium heat. Stir in flour and salt until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in soup until blended. Add chicken, mushrooms, pimentos and sautéed vegetables; mix well.

Transfer to a greased 3-quart baking dish. Sprinkle with Parmesan cheese and almonds. Bake, uncovered, at 350 degrees, 20-25 minutes or until bubbly. Spoon into pastry shells.

Yield: 6 servings (2 shells each).

Tomato Mozzarella Bake

- 3 tablespoons butter or margarine, softened, divided
- 8 slices French bread (1-inch thick)
- ⅔ cup chopped green pepper
- ⅓ cup chopped onion
- 2 garlic cloves, minced
- 4 eggs
- 4 bacon strips, cooked and crumbled
- 2 teaspoons sugar
- 1 teaspoon salt
- 1 teaspoon dried oregano
- ½ teaspoon pepper
- 2 medium tomatoes
- 1 cup (4 ounces) shredded mozzarella cheese

Spread 2 tablespoons butter on both sides of bread. Place on baking sheet; bake at 400 degrees for about 3 minutes on each side until lightly toasted. Cut into 1-inch cubes. Reduce heat to 350 degrees.

In a skillet, sauté green pepper, onion and garlic in remaining butter until tender. In a large bowl, lightly beat eggs. Stir in bread cubes, vegetable mixture, bacon, sugar, salt, oregano and pepper. Transfer to greased 11-by-7-by-2-inch baking dish.

Cut each tomato into 4 thick slices; arrange over top. Sprinkle with cheese. Bake, uncovered, at 350 degrees for 30-35 minutes or until a knife inserted near the center comes out clean.

Yield: 6-8 servings.

For more Carolina Kitchen recipes, visit our Web site at www.carolinacountry.com

Recipes are by Taste of Home magazine. For a sample copy, send $2 to Taste of Home, Suite 4321, P.O. Box 990, Greendale, WI 53129-0990. www.tasteofhome.com.

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